

SACRAMENTO WOMEN'S GUIDE TO Medi-Cal Coverage + Care

Medi-Cal is a program that offers **FREE** health coverage to low-income people.

You can sign up for Medi-Cal if you:

- + Earn less than **\$16,395** per year as a single person or **\$33,534** as a family of 4 **AND**:
 - ✓ Are a U.S. Citizen, legal permanent resident, or have a temporary work, student or refugee visa
 - ✓ Have received Deferred Action for Childhood Arrivals "DACA" status
- + If you were in the foster care system and are under 26 years old, you can sign up no matter how much income you earn.



You can sign up for
Medi-Cal at **any time**.



All health services
are **free**.

Follow these steps to sign up and stay covered.

STEP 1 Apply for Medi-Cal

You can apply:

- 1 Online**
Visit mybenefitscalwin.org or coveredca.org
- 2 By Phone**
Contact the Sacramento County Dept. of Human Assistance at (916) 874-3100 or (209) 744-0499
- 3 In Person**
Call (916) 874-3100 or (209) 744-0499 to find a Sacramento County Dept. of Human Assistance office near you
- 4 With Help from Local Partners**
Contact any of these local partners to get help:
Sacramento Covered
(866) 850-4321 / sacramentocovered.org

La Familia Counseling Center
(916) 452-3601 / lafcc.org

Health Education Council
(916) 556-3344 / healtheducouncil.org

Needed to Apply:

- ✓ Photo Identification Card
- ✓ Social Security card
- ✓ Most recent income tax forms or last 2 pay stubs
- ✓ Proof of current address
- ✓ Permanent Residency Card, Temporary Visa, or Deferred Action for Childhood Arrivals (DACA) documentation



45
DAYS

The County will let you know by mail if your application was approved or denied within **45 DAYS**. Call (916) 874-3100 if you have questions about your application.

STEP 2 Choose a Health Plan

You will receive a welcome packet with your Medi-Cal Beneficiary Identification Card (BIC). You can immediately start visiting a doctor's office or health center that accepts Medi-Cal. The packet will also include a form that asks you to pick one of these health plans to manage your Medi-Cal benefits: **Anthem Blue Cross, Health Net, Kaiser Permanente, Molina Healthcare**, or **Health Plan of San Joaquin** (Galt Residents only).



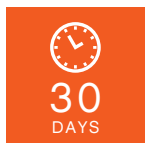
If you do not submit the health plan selection form within **30 DAYS**, the County will pick a plan for you. You can change your Medi-Cal health plan by contacting the Health Care Options Hotline at (800) 430-4253.



Quick Tip: Have a doctor you like? Ask him/her which Medi-Cal plans they accept.

STEP 3 Choose a Primary Care Provider

You must choose a primary care provider in your Medi-Cal health plan's "network." **This is the doctor you will go to for check-ups and when you need to see a doctor.**



If you do not pick a primary care provider within **30 DAYS** the health plan will pick one for you. You can change your primary care provider any time by contacting your health plan.



Need Help? Get help choosing a provider by calling the member services phone number on your Medi-Cal health plan card.

STEP 4 Use Your Medi-Cal Coverage + Benefits

Your Medi-Cal health plan will mail you a coverage card. Always keep it with you.

You will need this card when you go to the:

- 1 Doctor's office/Health center
- 2 Pharmacy
- 3 Hospital
- 4 Lab for medical tests



Medi-Cal Health Plan

Your Name

Member ID #

Member Services: (800) ###-####

Services covered by Medi-Cal:

Medi-Cal covers all of your health services for free. You should not have to pay for any health care service or medication that you get in your health plan's network.

Medi-Cal covers these women's health services:

- + Counseling on birth control methods
- + Birth control method of your choice
- + Sexually Transmitted Disease (STD) and HIV screening + counseling
- + Abortion
- + Cervical cancer screening
- + Breast exams
- + Gestational diabetes screening
- + Breastfeeding support
- + Domestic violence screening + counseling

"In Network" vs. "Out of Network" Providers

IN NETWORK



- ✓ Doctor accepts your Medi-Cal health plan
- ✓ Medi-Cal health plan covers you
- ✓ You pay NOTHING

OUT OF NETWORK



- ✓ Doctor does **NOT** contract with your Medi-Cal health plan
- ✓ Medi-Cal health plan may not cover you
- ✓ You may pay part or all of the bill yourself

You can see **ANY PROVIDER THAT ACCEPTS MEDI-CAL** for these services:

- + Sexual + reproductive health (birth control, abortion, STDs)
- + Mental health
- + Drug + alcohol treatment



Need Help? Have questions about your coverage? Call the member services phone number on your Medi-Cal health plan card.

Report problems with your health plan to the California Department of Managed Health Care at (888) 466-2216.

STEP 5 Stay Covered

You **MUST** renew your Medi-Cal coverage every year.

The County will try to renew your Medi-Cal benefits automatically, each year, on the same date. If the County cannot verify your information, they will send you a renewal form.



160
DAYS

You will have **160 DAYS** to renew your Medi-Cal coverage. **If you do not respond to the renewal notice, you will lose your Medi-Cal benefits** and will have to submit a new Medi-Cal application. Call the County Medi-Cal office at (916) 874-3100 for help.



Quick Tips



Check Your Mail! Open important notices from the County and your health plan right away.



Moved? Give the County your new address so you can get Medi-Cal notices.